

# MANAGING DEPLOYMENT



*Photos courtesy of [www.navy.mil](http://www.navy.mil)*

# Fleet Response Plan

***“Presence with a  
Purpose”***

*What does FRP mean for me and my family?*

- **15-Month Deployable Window**
- **Commands May Not Deploy for *Entire* Deployable Window**
- **Sailor & Family Must Be Ready to Deploy with Short Notice**



*Photo courtesy of [www.navy.mil](http://www.navy.mil)*

# Deployment & Emotions

## ✿ **Phase I: Pre-Deployment**

*Common Feelings Include:*

Denial; Fear; Anger; Resentment;  
Emotional Withdrawal



## ✿ **Phase II: Deployment**

*Common Feelings Include:*

Emptiness; Confusion; Loneliness



## ✿ **Phase III: Adjustment**

*Common Feelings Include:*

Confidence; Less Anger; Hope;  
Equilibrium

***These feelings are normal!***

# Managing Deployment

**Concerned  
about RRP & the New Deployment Plan?**

- ❖ Financial Issues?
- ❖ Parenting?
- ❖ Emotional Support?
- ❖ Resources?
- ❖ Everyday & Emergency Issues?
- ❖ Where can you go for help?

**Your Fleet & Family Support Center can  
help you with these issues and more!**

# **“Big Ten”**

**For more info, see the FFSC checklists or contact us**

- 1. Does WHOLE Family Know Sailor's Rate, Rank, Dept/Div, Email, Mail Address, & Full Command Name?**
- 2. Know Your Ombudsman Contact Information?**
- 3. Know Renewal & Replacement Policies for Military ID Cards (Get a Copy of Sponsor's ID card & Check)?**
- 4. Know MYPAY System Information (Including PIN)?**
- 5. Have a Communication Plan?**
- 6. Have Car Information (Registration, Repair & Insurance)?**
- 7. Know House Info & Location of Important Documents?**

# Your FFSC: One Stop Shopping

*When the personal touch is what you need...*

- Clinical Counseling
  - Relocation Assistance
  - Information & Referral
  - Volunteer Opportunities
  - Ombudsman Support
  - Spouse Employment & Transition Assistance
  - Deployment Programs
  - Personal Financial Management
  - Life Skills Workshops
  - Personal Improvement Workshops
- We are standing by... ready to serve you!*
- Free & Confidential**

# Information & Referral

*Where to go...when you don't know!*

- Free & Confidential
- Individualized Assistance
- Referrals to Military & Civilian Resources
- Exceptional Family Member (EFM) Program Information
- Introduction to Military Life for New Spouses
- International Spouse Orientation
- Emergency Assistance
- And more!

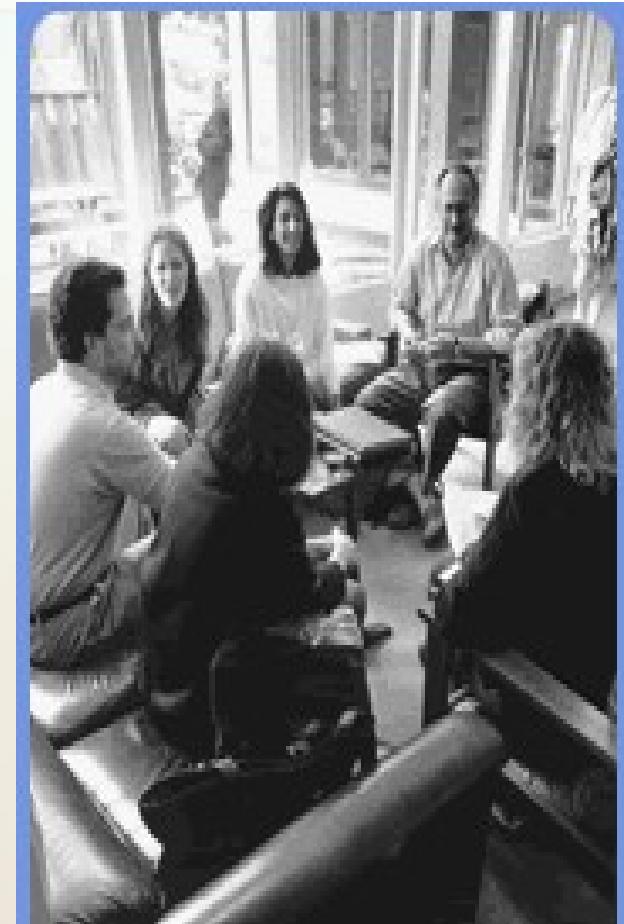


# Deployed Spouse Support

*When no one seems to understand...  
Share with others who know and care!*

**Married to a deployed  
Sailor or Marine? Join our  
group for coping  
techniques and a “safe  
place” to find support.**

- **Tuesdays, 10-11:30 am,  
32<sup>nd</sup> Street, Bldg 259**
- **Wednesdays, 9:30-11  
am, NASNI, Bldg 318**



# United Through Reading

***Parents and Kids staying***

***connected...***

- Parents and Children reading aloud to each other
- Eases children's fears
- Strengthens family bonds
- Boosts family morale
- Helps the sailor feel connected
- Brings the deployed parent into the living room



Courtesy ABC Worldnews.com

***[www.read2kids.org](http://www.read2kids.org)***

# Clinical Counseling

***Safe ♦ Secure ♦ Support***

- **Licensed Clinical Counselors**
- **Individual, Marital, & Family Counseling**
- **Support Groups & Life Skills Workshops**
- **Duty Counselor for Same Day Service**
- **Evening Hours & Friday Hours at Murphy Canyon Chapel**



# New Parent Support

*For the next  
generation..*

- Supportive Environment
- Help with “New Parent” Issues
- Prenatal Support
- Manage New Baby Stress
- Improve Communication Skills
- Education & Resources



Call Kathleen at (619) 556-8106 for more info!

# Financial Management

*Because money*

*counts!*

- Free & Confidential
- Individual Counseling
- Financial Workshops
- Budget & Credit Management
- Savings & Investing
- Education & Resources  
*Don't Miss WIC at Your FFSC!*

Have good nutrition, manage the budget, and stay healthy!

At FFSC NBSD & MCCS MCRD on Fridays, 0900-1500

At FFSC NASNI on Wednesdays, 0900-1500



# Career Center

***When Help's  
Wanted!***

- ◆ Spouse Employment Assistance
- ◆ Individual Assistance (Walk-in)
- ◆ Résumé & Federal Application Review
- ◆ Workshops
- ◆ Computers & Internet Access
- ◆ Free Fax & Copier
- ◆ Job Listings & Mock Interviews
- ◆ Employment Library



# Command Ombudsman

***Your reliable connection to the***

- Direct Link to Accurate Command!
- Command Information
- Confidential Resource
- Navy Spouse & Volunteer
- Communicates with Families through Email & Newsletters
- Communicates with CO, XO & CMC
- Provides Resource Referrals
- Available for Emergencies & Routine Requests



# Navy One Source

***When the personal touch is unavailable,  
Navy One Source is there.***

Information - Anywhere and Anytime

***www.navyonesource.com***

User ID: Navy  
Sailor

Password:

(800) 540-4123

- ❖ Free Publications & Online Info
- ❖ National Support
- ❖ Everyday Issues
- ❖ School Information
- ❖ Family Issues
- ❖ Health & Wellness
- ❖ and more!



***Real people who really care!***

## **Naval Base San Diego**

Buildings 259 & 263, up the hill from NEX & Commissary and near Housing Office

## **NAS North Island**

Building 318-W-1, near AIRPAC & the North Island Credit Union

## **Naval Base Pt. Loma**

Building 211 (second deck) & 212, just off Rosecrans St. in



# Visit Your FFSC Online!



[www.cnrsw.navy.mil/fsc/fsc.htm](http://www.cnrsw.navy.mil/fsc/fsc.htm)